THE PROMPT REVIEW:
If you review material within one hour of class, you will retain 83% of the material. A quick 10 minute review at the end of the day keeps the retention at 83%. Another quick 10 minute review after one week continues to keep the retention at 83%. A fourth additional 10 minute review after one month keeps the retention at 83%. You need to review 17% carefully.

NO REVIEW:
If you do not review the retention goes down to 43% within one hour, 21% after one day (stays at 21% after one week and one month).

IT IS YOUR CHOICE!
The difference in only 40-60 minutes of review over a month's time results in the difference between 83% and 21% retention.